

A La Carte Food Items	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Fiber (g)	Protein (g)
Brookie	199	7	2.2	55	33	2	3
Celebration Bar	200	8	2	130	30	1	2
Baked Lays, Barbeque	110	3	0	140	19	1	2
Baked Lays, Original	140	4	0.5	180	24	2	2
Cheeto Crunchy, Flaming	120	4.5	0.5	200	17	1	2
Cheeto Puff, Original	90	3.5	0	135	14	0.5	2
Doritos, Cool Ranch	130	5	0.5	150	20	2	2
Doritos, Flamas	130	5	0.5	200	20	2	2
Doritos, Nacho Cheese	130	5	1	200	20	0.5	2
Lays, Kettle Cooked, Salt Vinegar	180	7	1	180	28	2	3
Funyuns (secondary only)	100	3.5	0.5	125	14	1	2
Cookie, Candy Chip IW	140	4.5	1.5	115	25	1	2
Cookie, Carnival (bake in house)	170	6	1.5	130	27	1	2
Cookie, Chocolate Chip IW	140	4	1.5	100	26	2	2
Cookie, Chocolate Chip (bake in house)	160	5	1.5	105	27	2	2
Cookie, Triple Chocolate	200	7	2	130	31	3	3
Cookies, Grandma's Choc Chip	107	1	0	80	24	0	1
Fruit Snacks, Fruit Rollup	50	1	0.5	55	1	2	0
Fruit Snacks, Mott's Assorted Fruit	130	0	0	5	38	9	0
Hummus, Original	110	2	0	100	18	5	6
Hummus, Taco	120	3	0	180	18	5	6
Jerky, Original	70	1	0	200	6	0	10
Rips, Blue Raspberry	60	0	0	15	16	0	0
Rips, Cherry Limeade	60	0	0	15	16	0	0
Rips, Kiwi Strawberry	60	0	0	15	16	0	0
Rips, Paradise Punch	60	0	0	15	16	0	0
Rips, Sour Apple	60	0	0	15	16	0	0
Rips, Berry Berry Blue	60	0	0	15	16	0	0
Rips, Tropical Trio	60	0	0	15	16	0	0
Muffin, Birthday Cake Mini	170	6	1.5	125	24	1	3
Sidekick, Blue Raspberry	90	0	0	30	22	0	0
Sidekick, Sour Cherry Lemon	90	0	0	25	22	0	0
Sidekick, Strawberry Mango	90	0	0	35	0	0	0
Bar Smores, Zeezees	150	5	1.5	50	24	1	2
Bar, Birthday, Zeezees	150	5	1.5	45	24	2	2
Cheez-Its	130	4.5	1	200	19	2	3
Goldfish, Cheddar Cheese Xtra							
Grahamz, Birthday, Zeezees	120	4	1	50	21	0	2
Grahamz, Strawberry, Zeezees	120	4	1	55	21	0	2
Nature Valley Bar, Oats n Hny	190	7	1	140	29	2	3
Nutrigrain Bar, Strawberry	160	4	0.5	150	30	3	2

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Popcorn, Pirates Booty	100	4	0.5	140	14	1	2
Quaker, Chewy Cookies and Cream	150	4	1	135	29	4	2
Rice Krispie Treat, Original	160	4	1	140	30	1	2
Yogurt, Yocrunch Vanilla/Oreo	120	2.5	1	80	21	0	4
Clif Fruit Twist Strawberry	70	0	0	5	16	1	0
Kodiak Cake Bear Bites Grahams Honey	120	3.5	0	190	17	2	5
Ice cream Sandwich	140	2.5	1	110	25	0	3
Ice cream, Chocolate Crunch bar	160	5	1.5	45	25	0	3
Ice cream, Fudge bar	130	1.5	1	65	26	0	4
Ice cream, Orange Dream bar	100	1.5	1	25	20	0	1
Ice cream, Strawberry Crunch Bar	160	5	1	80	25	0	3
Ice cream, Strawberry Fruit bar	130	0	0	30	32	2	0
Froyo, Cable Car Chocolate	200	0.5	0	105	45	0	6
Froyo, Cake Batter	220	3	2	120	42	0	6
Froyo, Cookies n' Cream	165	0	0	112.5	36	0	4.5
Froyo, Raspberry	150	0	0	105	33	0	3
Froyo, Salted Caramel	165	1.5	0.75	127.5	33	0	3
Tornado, Beef Steak	180	6	1.5	350	23	2	8
Tornado, Chicken	160	6	1.5	280	22	2	6
Switch, Black Cherry	120	0	0	5	30	0	0
Switch, Fruit Punch	120	0	0	5	30	0	0
Switch, Kiwi Berry	120	0	0	5	30	0	0
Switch, Orange Tangerine	120	0	0	5	30	0	0
Switch, Strawberry Melon	120	0	0	5	30	0	0
Water, 16.9oz	0	0	0	0	0	0	0
Water, 8 oz	0	0	0	0	0	0	0
Pepsi, Naked, Berry Blast	160	0	0	10	37	0	2
Pepsi, Naked, Blue Machine	210	0	0	15	50	4	1
Pepsi, Naked, Mighty Mango	180	0	0	10	43	0	1
Pepsi, Naked, Strawberry Banana	160	0	0	5	38	0	2
Pepsi, Naked, Green Machine							
Pepsi, TropiCana Strawberry Kiwi	150	0	0	25	38	0	0
Pepsi, TropiCana, Apple Juice	140	0	0	25	3	0	1
Pepsi, Dole, Fruit Medley	140	0	0	25	34	0	2
Pepsi, TropiCana, Orange Juice	140	0	0	20	33	0	2
Creamer, Caramel Machiato - only for Stok sites	30	1	0.5	0	5	0	0

A La Carte Food Items	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Fiber (g)	Protein (g)
Creamer, French Vanilla - only for Stok sites	35	1.5	0.5	10	5	0	0
Creamer, Half and Half - only for Stok sites	10	1	1	0	0	0	0
Pepsi, Gatorade Zero, Glacier Cherry	10	0	0	270	1	0	0
Pepsi, G2, Glacier Freeze	30	0	0	160	8	0	0
Pepsi, G2, Grape	30	0	0	160	8	0	0
Pepsi, Lipton Green Tea w/ Citrus	0	0	0	210	0	0	0
Pepsi, Pure Leaf Iced Tea Black (no lemon)	0	0	0	0	0	0	0
Pepsi, Pure Leaf Iced Tea Green Tea (no lemon)	0	0	0	0	0	0	0
Pepsi, Pure Leaf Iced Tea Black unsweet w/ Lemon	0	0	0	15	0	0	0
Pepsi, Sobewater, Yumberry Pome	0	0	0	15	0	0	0
Pepsi, Starbucks Iced Coffee	15	0	0	0	3	0	1
Stok, Coffee - Only High Schools w/ equipment may serve	10	0	0	10	2	0	0
Sparkling Ice + Caff, Blue Raspberry	5	0	0	0	0	0	0
Sparkling Ice + Caff, Strawberry Citrus	5	0	0	0	0	0	0
Sparkling Ice + Caff, Triple Citrus	5	0	0	0	0	0	0
Sparkling Ice + Caff, Cherry Vanilla	5	0	0	0	0	0	0
Sparkling Ice, Black Raspberry	5	0	0	0	0	0	0
Sparkling Ice, Cherry Limeade	5	0	0	0	0	0	0
Sparkling Ice, Classic Lemonade	5	0	0	0	0	0	0
Sparkling Ice, Coconut Pineapple	5	0	0	0	0	0	0
Sparkling Ice, Kiwi Strawberry	5	0	0	0	0	0	0
Sparkling Ice, Orange Mango	5	0	0	0	0	0	0
Bubly, Blackberry	0	0	0	0	0	0	0
Bubly, Grapefruit	0	0	0	0	0	0	0
Bubly, Cherry	0	0	0	0	0	0	0
Bubly, Strawberry	0	0	0	0	0	0	0
Bubly, Lime	0	0	0	0	0	0	0
Bubly Bounce, Blood Orange Grapefruit	0	0	0	0	0	0	0
Bubly Bounce, Mango Passion Fruit	0	0	0	0	0	0	0

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Allergens	First Ingredient
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Milk, Soy	Vegetable
Soy	Vegetable
Milk, Soy	Whole Grain
Milk	Whole Grain
Milk	Whole Grain
Milk	Whole Grain
Milk	Whole Grain
None indicated	Vegetable
Milk	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
Gluten, Milk, Soy, Wheat	Whole Grain
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	Vegetable
None indicated	Vegetable
Gluten, Soy, Wheat	Lean protein
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Vegetbale Juice
None indicated	100% Vegetbale Juice
Egg, Gluten, Milk, Soy, Wheat	Whole Grain
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
Gluten, Soy, Wheat	Whole Grain
Gluten, Soy, Wheat	Whole Grain
Gluten, Milk, Soy, Wheat	Whole Grain
Gluten, Soy, Wheat	Whole Grain
Gluten, Soy, Wheat	Whole Grain
Soy - may contain Peanuts	Whole Grain
Gluten, Milk, Soy, Wheat	Whole Grain

Allergens	First Ingredient
Milk	Whole Grain
Gluten, Milk, Soy, Wheat - may contain Peanut, Tree Nut	Whole Grain
Milk, Soy	Whole Grain
Egg, Gluten, Milk, Soy, Wheat - may contain Peanut, Tree Nut	Low Fat Dairy
None indicated	Fruit
Egg, Milk, Wheat, Gluten	Whole Grain
Gluten, Milk, Soy, Wheat	Low Fat Dairy
Gluten, Milk, Soy, Wheat	Low Fat Dairy
Milk	Low Fat Dairy
Milk	Low Fat Dairy
Gluten, Milk, Soy, Wheat	Low Fat Dairy
None indicated	Fruit
Milk	Low Fat Dairy
Egg, Milk	Low Fat Dairy
Egg, Gluten, Milk, Wheat	Low Fat Dairy
Milk	Low Fat Dairy
Egg, Milk	Low Fat Dairy
Gluten, Milk, Soy, Wheat	Lean protein
Gluten, Milk, Soy, Wheat	Lean protein
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	Water
None indicated	Water
None indicated	Fruit
None indicated	Fruit
None indicated	Fruit
None indicated	Fruit
None indicated	Fruit
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
None indicated	100% Fruit Juice
Contains a milk derivative	Water

Allergens

First Ingredient

Contains a milk derivative Water

Milk Water

None indicated Water

None indicated Water

None indicated Water

None indicated Water

None indicated Water

None indicated Water

None indicated Water

None indicated Water

Processed on a facility that
also processes Milk Water

None indicated Water

None indicated Water

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